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Physical Requirements Specification  
for the Classes:

COOK I & II

Applicants must be physically able to perform, efficiently and effectively, the essential duties of the position.

A. Physical Profile Requirements:

Job analysis of positions in the class has resulted in the identification and establishment of the following requirements, and identified the following typical tasks.

Nature of Ability	Required Level	Typical Tasks
Near Vision	4.0	Reads diet orders, menus and recipes
Far Vision	4.5	Observes area during cooking (i.e., carts, gauges)
Visual Color Discrimination	4.2	Observes doneness of food
Hearing	4.6	Listen to machine sounds
Finger Dexterity	4.4	Prepares food
Manual Dexterity	4.5	Prepares food
Arm Hand Steadiness	4.7	Cuts food
Speed of Limb Movement	4.5	Prepares food
Extent Flexibility	4.6	Reaches for supplies
Dynamic Flexibility	4.5	Works at freezer or at oven
Gross Body Coordination	5.1	Serves food; cleans cafeteria
Trunk Strength	5.3	Lifts food
Static Strength	4.8	Lift cases of food

Explosive Strength	4.6	Lifts food
Dynamic Strength	4.2	Mass cooking
Gross Body Equilibrium	3.9	Change a ladder to retrieve supplies
Mobility	5.0	Carries supplies for cooking
Stamina	4.8	Cleans
Effort	5.7	Lifts food

B. General Conditions

Failure to meet the physical requirements cited above or inability to tolerate the specified working conditions or any other condition which would cause applicants to be a hazard to themselves or others is cause for disqualification.

However, disabilities in any areas will not result in disqualification unless the requirements cited above are not met. Applicants who demonstrate that they are capable of performing the essential functions of the position with reasonable accommodation will not be disqualified under this standard.

Any disqualification under this section will be made only after a review of all pertinent information including the results of the medical examination, and requires the approval of the Director.

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This is the first physical requirements specification for the classes Cook I & II.

Effective Date: 6/30/84

DATE APPROVED: 6/27/84

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JAMES H. TAKUSHI  
Director of Personnel Services